

Psychiatric Nursing Teaching Outline  
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Using Art Therapy to decrease the anxiety in patients with schizophrenia or severe anxiety.

- I. Nursing Diagnosis: Anxiety r/t (environmental changes, major life changes, illness, mental health disorder etc...)
- II. Objectives:
  - a. Educate the importance of anxiety reduction
  - b. Educate about techniques that can be used to reduce anxiety
  - c. Reduce the patients anxiety , pt will rate anxiety on a 1-10 scale pre and post education teaching and anxiety level will be decreased after teaching
- III. Discuss the importance of reducing anxiety
- IV. Ask pt.s what/how they feel when anxious. What do they do to reduce anxiety?
  - a. Discuss health effects of anxiety
  - b. Discuss ways to reduce anxiety
- V. Assess the patients level of anxiety
- VI. Step by step teaching for art therapy activity
  - a. Patient will draw three things that decreases their anxiety, makes them feel good, and/or the patient will express how they are feeling
- VII. Conclusion
  - a. Recap the importance of reducing anxiety
  - b. Evaluation
    - i. Can the patient verbalize the importance on reducing anxiety?
    - ii. Can the patient verbalize techniques to reduce anxiety?
    - iii. Did the patient's anxiety decrease?
      1. Patient verbalized reduction in anxiety, or patient appears more relaxed.